



Growing Healthy Schools Week Kick-off 2014 Standards and Activities

4 th grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade	High School
<i>Cooking Demo: Food Labels</i>	<i>Cooking Demo: Affects on Personal Health</i>	<i>Cooking Demo: Meal Planning</i>	<i>Cooking Demo: Fiber</i>	<i>Cooking Demo: benefits of eating healthy</i>	<i>Cooking Demo: Life Stages</i>
<i>Yoga/ Stretching</i>	<i>Yoga/ Stretching</i>	<i>Yoga/ Stretching</i>	<i>Yoga/ Stretching</i>	<i>Yoga/ Stretching</i>	<i>Yoga/ Stretching</i>
<i>Jump-rope</i>	<i>Frisbee</i>	<i>Throwing</i>	<i>Throwing/ Catching</i>	<i>Throwing/ Catching</i>	<i>Group Challenge</i>
Health Education Standards					
4.1.1 Explain how exercising and getting enough sleep help people feel better emotionally	5.1.1 Describe the relationship between physical health and emotional health.	6.1.4 Analyze how local sources of pollution can influence both personal and community health.	7.1.12 Explain that a body mass index is a general indicator of overall fitness.	8.1.14 Discuss the short-term and long-term benefits and risks associated with nutritional choices, such as heart disease, high cholesterol, cancer, and osteoporosis.	L1.1.12 Analyze how healthy and unhealthy eating patterns impact the functioning of the human body, including bone development and the healthy functioning of the immune system.
4.1.12 Classify foods by nutritional content and nutritional value, and use food product labels to make informed decisions regarding food, and explain how diet and rest improve fitness and performance.	5.1.11 Explain how nutrition affects personal health, academic achievement, fitness and performance, including the effects of malnutrition on brain functioning.	6.1.14 Compare food choices based on nutrient content and value, calories, and cost to create a healthy meal plan.	7.1.13 Describe the benefits of a high-fiber diet (e.g., plenty of grains and fruit) to help food and waste products move through the body systems and prevent diseases	8.4.4 Describe the ways technology can affect personal health and health behaviors for better and for worse, such as through new, effective medicines; improved exercise equipment; and the availability and nutrient quality of food.	L2.1.13 Describe the nutritional needs and outcomes associated with various life stages (prenatal through late adulthood).
4.4.2 Explain how the media make certain physical traits seem desirable (e.g., extreme thinness, bulky muscles) without regard to the risky behaviors that can cause those traits.	5.4.3 Analyze how the media send mixed messages about alcohol, tobacco use, and violence.	6.4.2 Analyze how societal messages from all media, including music, television programs, movies, advertising, and the Internet influence adolescents' perceptions and behaviors related to sexual activity, diet and body image.	7.4.2 Analyze how societal messages from all media, including music, television programs, movies, advertising, and the Internet influence adolescents' perceptions and behaviors related to sexual activity, diet and body image, alcohol, drug use and violence.		
Physical Education Standards					
4.1.3 Jump a single rope for a specified amount of time for purposes of endurance.	5.1.5 Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern.	6.1.5 Throw an object accurately and with applied force, using the underhand, overhand, and sidearm throwing patterns.	7.1.1 Describe and demonstrate mature techniques for the following patterns in game play: striking; overhand, sidearm, and underhand throwing; catching; kicking/punting trapping; dribbling (hand and foot); and volleying.	8.1.1 Demonstrate mature techniques for the following patterns in game play: striking; overhand, sidearm, and underhand throwing; catching; kicking/punting; trapping; dribbling (hand and foot); and volleying.	L2.2.9 Develop and describe a physical fitness plan that enhances personal health and performance in various leisure and workplace activities.
4.3.3 Identify healthful choices for meals and snacks that help improve physical performance.	5.3.7 Perform elementary flexibility exercises that stretch particular muscle areas for given physical activities.	6.3.6 Demonstrate the proper form for stretching the hamstrings, quadriceps, shoulders, biceps, and triceps	7.3.5 Demonstrate the proper form for stretching the back, neck, abducts, hip flexors and adductors, and calves	8.3.4 Perform abdominal curl-ups; modified, traditional, and triceps push-ups with hands on a bench; oblique curl-ups on each side, forward lunges, and side lunges to enhance endurance and increase muscle efficiency	EC3C.1.1 Demonstrate advanced knowledge and skills in two or more individual and dual activities, selecting one or more from each of the following categories: Individual: Archery, Cycling

					Skating, Skiing, Yoga
4.3.7 Demonstrate how to warm-up and cool-down muscles and joints before aerobic activities such as running, jumping, kicking, throwing, and striking.		6.3.5 Perform abdominal curl-ups; modified, traditional, and triceps push-ups with hands on a bench, oblique curl-ups on each side, forward lunges, and side lunges to enhance endurance and increase muscle efficiency	7.4.9 Describe the short- and long-term benefits of maintaining a healthy body composition	8.1.3 Create and perform a rhythmic dance	

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Nutrition	<u>Serving up MyPlate: A Yummy Curriculum (Level 2 or 3)</u> <u>The Great Garden Detective Adventure</u>	<u>Serving up MyPlate: A Yummy Curriculum (Level 3)</u> <u>Dig In! Standards-Based Nutrition Education from the Ground Up</u>	<u>Serving up MyPlate: A Yummy Curriculum (Level 3)</u> <u>Dig In! Standards-Based Nutrition Education from the Ground Up</u>	<u>Nutrition Voyage: The Quest to Be Our Best</u>	<u>Nutrition Voyage: The Quest to Be Our Best</u>	<u>An Energy Balancing Act</u>
Physical Education	<u>SPARK Mirror Mirror</u>	<u>SPARK Flying Disc Golf</u>	<u>PE Central Around the USA Fitness</u> <u>PE Central Fitness Stations</u>	<u>SPARK 3-Catch with a Post Player</u> <u>SPARK Volley Tennis</u>	<u>PE Central Create a Line Dance</u>	<u>SPARK Yoga Content Card</u> <u>PE Central Sun Salutation Yoga Warm-Up</u>